

Linda Jennings

**Resources List – Diabetic Presentation
November 12, 2009**

Carbohydrate Counting & Recipe:

Diabetes Network – How to Count Carbs

http://www.diabetesnet.com/diabetes_food_diet/countcarbs.php

Weight Watchers – Recipes and Ideas

<http://www.weightwatchers.com/food/rac/index.aspx>

Diabetic Living – Better Homes and Gardens Network Site (lots of ad pop ups)

<http://www.diabeticlivingonline.com/>

Alabama Cooperative Extension

<http://www.aces.edu/>

University of Nebraska-Lincoln Extension

<http://lancaster.unl.edu/food/fresh-produce.shtml>

Fast Food Facts

<http://www.foodfacts.info/>

Get Nutrition Facts for a McDonald's Menu Item

<http://nutrition.mcdonalds.com/nutritionexchange/chooseCustomize.do>

Alabama Farmers Market Authority

<http://www.fma.alabama.gov/>

American Dietetic Association

http://www.eatright.org/ada/files/CYF_fast_Foods.pdf

Southeastern Diabetes Education Services

www.southeasterndiabetes.org